WORLD / A20

Thai plane crash kills 89; 41 survive



LIFESTYLE / C1

Cancer survivor won't stop putting food, water to test

WORLD / A19

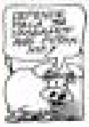
O.J. Simpson held without bail for armed robbery



SPORTS / A24

Woods clinches FedEx Cup, secures $10-M bonus

It's not his body odor but your nose, says study



CHICAGO—WHEN IT comes to a man's body odor, the fragrance—or stench—is in the nose of the beholder, according to U.S. researchers, who say...

PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, September 18, 2007 · Vol. 22 / No. 282

Palace prefers pardon for Erap over amnesty

By Michael Lim Ubac and Christian V. Esguerra

JOSEPH ESTRADA MAY BE OPEN TO BEING granted amnesty, as announced on Sunday by one of his allies, but President Macapagal-Arroyo's key advisers are not biting.

According to Sergio Apostol, Ms Arroyo's chief legal adviser, ...

Mike A flies out on eve of ZTE deal probe

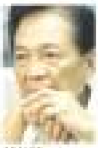
THE HUSBAND OF PRESIDENT Macapagal-Arroyo quietly left the country at sunset yesterday on the eve of the Senate investigation of the $329-million contract for the National Broadband Network (NBN) project awarded to China's ZTE Corp.

Amid talk that he may be dragged into the controversial deal, Jose Miguel Arroyo was the last to board Cathay Pacific flight CX-918 some 10 minutes before the plane took off for Hong Kong at 5:55 p.m.

...



DE VENECIA III



ABALOS

GMA men face contempt

GMA urges Senate to act on cheap drugs bill instead

By Christine O. Avendaño

DIPOLOG CITY—WITH A GIGGLE, President Macapagal-Arroyo could only agree that it was better for Congress to focus its efforts on passing urgent measures like the cheaper medicines bill than on investigating cases like the "Hello Garci" controversy.

...



PRESIDENT Macapagal-Arroyo gestures ...

Senate, Palace edge toward crisis as execs snub hearing

By Dona Z. Pazzibugan and Michael Lim Ubac

THE SENATE YESTERDAY moved closer to a showdown with Malacañang after government and military officials once more snubbed the "Hello Garci" hearing by invoking an executive order that had been struck down by the Supreme Court.

...





FORMER T/Sgt. Vidal Doble (left), the star witness in the revived "Hello Garci" investigation, ...

BIR data bank to flush out cheats

By Vincent Cabreza
Inquirer Northern Luzon

BAGUIO CITY—THE TAXMAN IS COMPILING data on people's trips abroad, the vehicles and real estate they own, and the schools their children attend.

...

Abandoned kids find hope in foreign homes

By Jocelyn R. Uy

...

US war on Iraq largely about oil—Greenspan

WASHINGTON—FORMER FEDERAL Reserve Chair Alan Greenspan, ...

Second FrontPage

WEATHER FORECAST

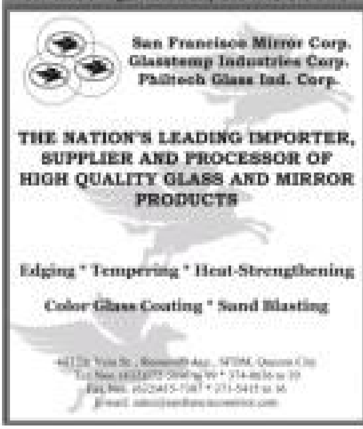
Strong peso seen lowering power rates

Napocor charges could go down 25 centavos for 14 months in Luzon

THE STRENGTHENING PESO COULD RESULT in the reduction of National Power Corp. (Napocor) rates by about 25 centavos per kilowatt-hour in Luzon, and seven and six centavos in the Visayas and Mindanao, respectively.

House passes bill postponing barangay elections





Celebrate! Furniture and Furnishings Week 2007

Program Highlights:

National Symposia on Understanding and Selling to Local Markets

Chamber of Furniture Industries of the Philippines, Inc.

OFW facing death penalty may be saved





GOOD NEWS

The Manila Times

Economy grows 7.5%

Best second-quarter performance in 20 years, but doubts persist

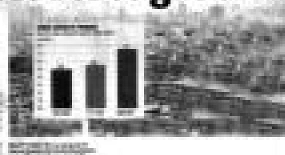


PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Surprise! 7.5% growth

2nd quarter figure highest in 20 years



THE WALL STREET JOURNAL.

ASIA

For Philippine economy, harsh remedies pay off

A risky tax increase by Arroyo helps spur new investments



Manila Standard TODAY

Economy exceeds all estimates, grows 7.5%



Business Mirror

GDP surges to 7.5% in 2nd qtr

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BIR data bank to flush out ...

Road show

Road rules

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Further study

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4th Week of September, 2007 * Per Presidential Proclamation 990/s-97

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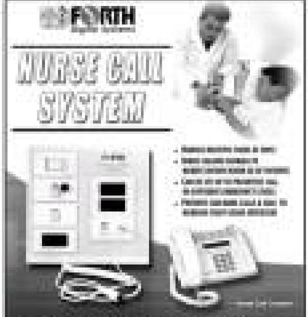
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Two-Year Colleges, Community Colleges, College of Arts & Design

MANILA

Wednesday, September 19, 2007

Time: 5:00 pm - 9:00 pm

Makati Shangri-La Hotel

Exhibition: Quezon ABC Ballroom

ADMISSION IS FREE

Interview Sessions and Exhibitions

Abalos cites Comelec concerns for absence

[illegible]

Mike A flies to Hong Kong

IN THE KNOW

[illegible]

Cayetano committee

[illegible]

Leather jacket

[illegible]

Anguish

[illegible]

GMA urges Senate to act . . .

[illegible]

Contentious issues

[illegible]

Air pacts, investments

[illegible]

US war on Iraq tied to oil

[illegible]

'The Oracle'

[illegible]

200 protesters arrested

[illegible]

$100,000 per speech

[illegible]

Blamed for crisis

[illegible]

Principle for power

[illegible]

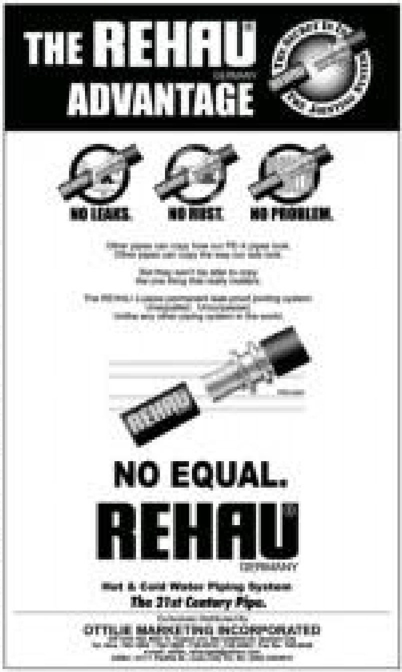


Some of the world's best beaches are right in your own backyard.

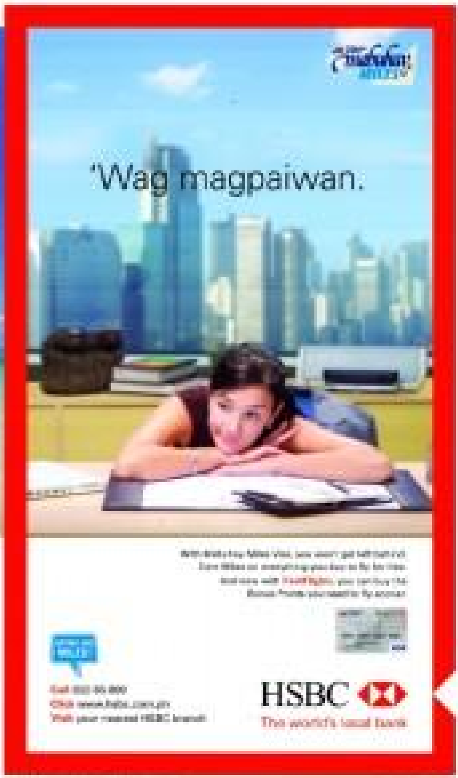
ZTE says De Venecia III violating RP Constitution

The Daily Gospel









Opinion

Who's next?

Editorial



Avian 'pit stops'

Viewpoint

Juan L. Mercado

Bravery

There's the Rub

Conrado de Quiros

National congress vs hazing

Political Tidbits



Belinda Olivares-Cunanan

That big white house

Young Blood

Alexandra Pineda

Honoring our mothers

At Large



Rina Jimenez-David

Saguisag's projectile dysfunction

Newsstand



John Nery

Notice to Youngblood contributors

They Said

Writers' fate

The INQUIRER is a member of the PHILIPPINE PRESS INSTITUTE
The National Association of Philippine Newspapers

Helping build the future by spreading optimism

LETTERS



Demolitions making it worse for many mired in urban poverty

Insensitive GMA's nation of street sweepers

Process on electricity rate increases open and transparent

'Second Japanese invasion' in the works

A national language, but only in principle

Presidencies and piracies

COMMENTARY

Depo Provera not on Pfizer's list

Cruz misunderstands Joker's stance on Senate probe into the Garci tapes

Across the NATION

Exec's P4-M house raises eyebrows

CITY OF SAN FERNANDO—THE DIRECTOR OF the Department of Budget and Management in Central Luzon has built a house worth P4 million here although she receives only P26,000 monthly from the government, a check by the Inquirer showed following reports from some employees in the agency.



SUBANON GREETING

ROUNDUP

Dengue plagues Cebu

11-yr-old kills 2-yr-old

Highway repair nears completion

GMA no-show a frustration

Capiz tourism draw: Seafood

Comelec: Priesthood not obstacle in polls

Health funds elude LGUs, says gov



HOUSING INSPECTION



MAKING SURE

Army to bring plan to counter NPA prop to elementary pupils

Power plant pays ₱160M in taxes after talks

Pay on time

Allocation

CAR DEALERS' APPEAL

GMA told: You can stop Cebu smuggling

Losses

Discrepancies

Alarming volume

BMWs, Benzes

Cordillera execs battle to preserve autonomy

Revived autonomy

PNP directive

Letter to GMA

Guarding autonomy



CHILDREN play near a statue of a Cordillera soldier.

New task force vs extortionist, terror group formed by Army

Palace prefers pardon for Erap over amnesty

Roxas files pardon resolution

By Gil C. Cabacungan Jr.

[illegible]

By Christmas

[illegible]

15 days

[illegible]

The only recourse

[illegible]

All out

[illegible]

Good instincts

[illegible]

GMA men face contempt

[illegible]

Court ruling

[illegible]

EO 464

[illegible]

'Very irritated'

[illegible]

Abandoned kids finding hope ...

[illegible]

Last resort

[illegible]

Saving children

[illegible]

Legislation

[illegible]

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Interesting Seminar Topics:

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NEWS

Atienza to call envoys to meet on poaching

ALARMED BY REPORTS OF RAMPANT POACHING IN Philippine waters, Environment Secretary Lito Atienza will call to meeting officials of the embassies of China and other countries to put a stop to what he called the "worst form of piracy."



Imelda: I just need right shoes

IMELDA MARCOS IS HEALTHIER THAN most of us.

Quitting far from Gonzalez's mind, says son

JUSTICE SECRETARY RAUL GONZALEZ is raring to get out of his hospital bed and return to the helm of the Department of Justice.

COA asks 6 Manila dads to return allowances

'No legal basis for getting ₱1.6M each'

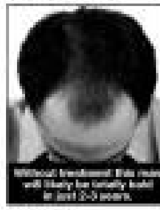
By Allison W. Lopez

SIX MANILA COUNCILORS HAVE YET TO RETURN nearly ₱10 million to the city government's coffers despite the Commission on Audit's finding that there was "no legal basis" for them to receive a "monetary reward" for serving for three consecutive terms.

COA/A18

GOING BALD?

Don't wait another 15 minutes and another hair.



Without treatment this man will likely be totally bald in just 2-3 years.

The rate of a man's hairloss can average about 35,000 hairs a year on a baldness-prone head. That means, when receding and thinning are at their peak, you're losing 1 hair approximately every 15 minutes!

As most men prior to hairloss have a total scalp cover of 100,000 to 150,000 hairs or more, a mere 4 disappearing every hour go unnoticed - until it's too late. It just takes 3-5 years to go bald - often faster.

But why do so many men let themselves go bald while there's still time to seek professional help?

It costs nothing to have a qualified trichologist analyse your hair and scalp. Learn the cause of your hairloss and what the right treatments can do. Discover how your hair and scalp can be optimized for maximum growth potential.

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1 killed, 5 hurt in P'ñaque mishap

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Witness confirms Mendez joined frat initiation rites

UP Diliman campus blooms with 'justice' posters



PNCC workers to seek court action on planned takeover of subsidiary

COA asks...

Of inefficiency and sincerity

On Target



MetroBriefs

Suicide attempt!

MMDA man loses van

Kidnap victims escape



Children with special needs to get help

Did you know

O.J. held without bail in Vegas armed robbery

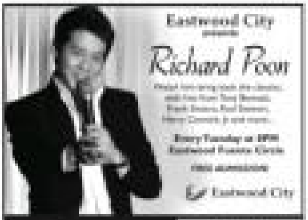


Terrorism case confirms Denmark is a target



Undercover Islamic team in Malaysia looking for Muslims flouting Ramadan

Swedish PM, media rally behind journalists who got death threats











The WORLD

Thai plane crash kills 89; 41 survive



PHUKET, THAILAND—SUCHEEP PANETUNG WEPT AS she stood in an auditorium at Phuket airport, staring at the dozens of bodies wrapped in white plastic laid out nearby.



VIRTUALLY UNSCATHED. Canadian Millie Furlong, 23.

WORLDBRIEFS

Fewer sodas in US schools

After 3-day Internet binge, Chinese dies

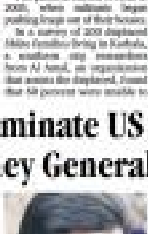
Police dump bodies of mob victims in river

World should brace for possible war over Iran —France

Mammoth manure, prehistoric goo may speed warming

Iraq's sectarian strife displaces both Sunnis and Shiites alike

Bush to nominate US judge vice Attorney General Gonzales





WHAT'S INSIDE

■ **Fiery Paeng** stamps class Down Under

/A23

SPORTS

Editor Teodyvo S. Melendres Assistant Editor Francis T. J. Ochoa



■ **Tiger** gobbles up field /A24



FAR Eastern's Bell Carcamo (left) swipes the ball away from UST rookie Dylan Ababou in yesterday's playoff at the Araneta Coliseum.

Tigers show fangs at last

Maul Tams to grab No. 4 slot

By Mynong R. Castillo

PLAYING WITH THE DESIRE THAT IT didn't show [illegible] before, the Santo Tomas Growling Tigers kept alive their dreams of a basketball championship repeat in the UAAP.

The Tigers broke away from the Far Eastern Tamaraws in a spurt that bridged the second and third periods yesterday for an 80-69 victory before a [illegible] Big Dome crowd.

The win gave the Santo Tomas the No. 4 seeding in the semifinals.

A [illegible] defensive [illegible] thrown by the Tigers [illegible] the Tamaraws, their [illegible] masters in two elimination round games, so [illegible] to [illegible] put itself back in the very position it was in when it pulled off a surprise [illegible] last year.

The Tigers were coming off a 75-69 defeat to the Tamaraws last Thursday.

And the Santo Tomas offense hummed on all cylinders, with top MVP candidate Jervy Cruz leading the way with 17 points and 14 rebounds and three others chipping in with 11 or more.

[illegible] Bell Carcamo led the Tamaraws with 17 points.

"That's what this team is capable of playing," coach Pido Jarencio told the [illegible]. "We didn't have that intensity when we lost (on) Thursday."

"If we continue to play this way, I guess you can say that we are a very dangerous team."

Cruz scored 13 of his output in the first two periods and [illegible] Anthony Espiritu added five of his 12 and Dylan Ababou seven of his 11 in the second quarter as the Tigers overhauled a two-point first quarter deficit to [illegible] a 39-28 halftime lead.

The UST defense [illegible] a [illegible] and a halfcourt press [illegible] held the Tamaraws to a [illegible] low [illegible] points in the second quarter.

Up next for Santo Tomas is the loser of an other playoff game today between Ateneo and La Salle. (See related story on [illegible].)

Jarencio and his [illegible] also qualified as the No. 4 seed last year, pulling out two [illegible] over the top-seeded Warriors before tipping Ateneo, 2-1, in the best-of-three Finals.

The scores:

[illegible]







Eagles, Archers dispute 2nd place, bonus today

IT TOOK NORMAN BLACK and the rest of his Ateneo squad a long time to come out of their locker room that fateful Saturday night, when they blew a golden chance to nail down the No. 2 slot in the UAAP basketball semifinals.

Confidence boost



Sportswatch

Artadi now a Gin King after feud with P'Foods coaches

Football body suspends NCRFA over court case

Dimakiling, Engay capture Shell Davao chess plums

LSGH cage camp slated

Student-friendly schedules

NCA 5-stag derby today



Cheers to a hardy breed of athletes

By Musong R. Castillo

Why the PNG should be revived

CLEAN LIVING



Manolo R. Iñigo

Gabica cops 9-ball plum over Alcano



GABICA

Anybody's race for NCAA hoops awards

Fiery Paeng stamps class Down Under



Second place to World Cup

Pacman's first 12-rounder impresses Roach



PACQUIAO

Alora, 5 others named MVPs in Best of Best

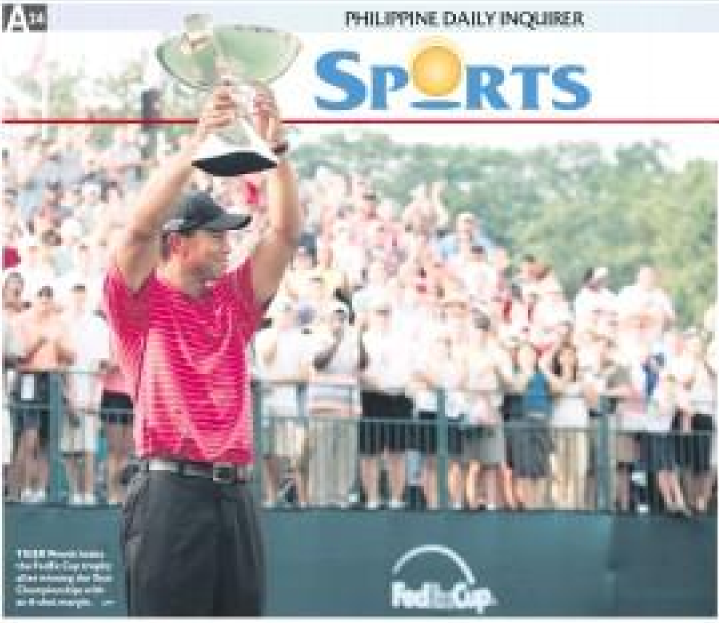
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National Capital Region

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SPORTS



Americans prove they're no chokers

8-SHOT FEDEX ROUT

Tiger gobbles up field



JOHNSON



CALCAVECCHIA

2 eagles power Hansen to title

Russia stuns Spain for Euro crown



KIRILENKO

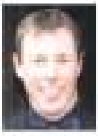


Mercury new WNBA champs



Raikkonen tops Belgian GP; Alonso trounces Hamilton

Rally champion, son die in helicopter crash



COLIN MCRAE



JOHNNY MCRAE



BUSINESS

Editor Raul O. Marcelo • Assistant Editor Corrie S. Narisma



ADB raises RP growth outlook



CURRENCIES



STOCK MARKET

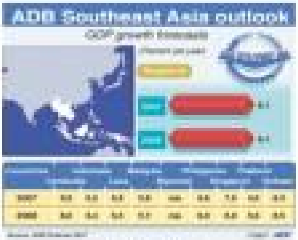
Shares close 0.4% up



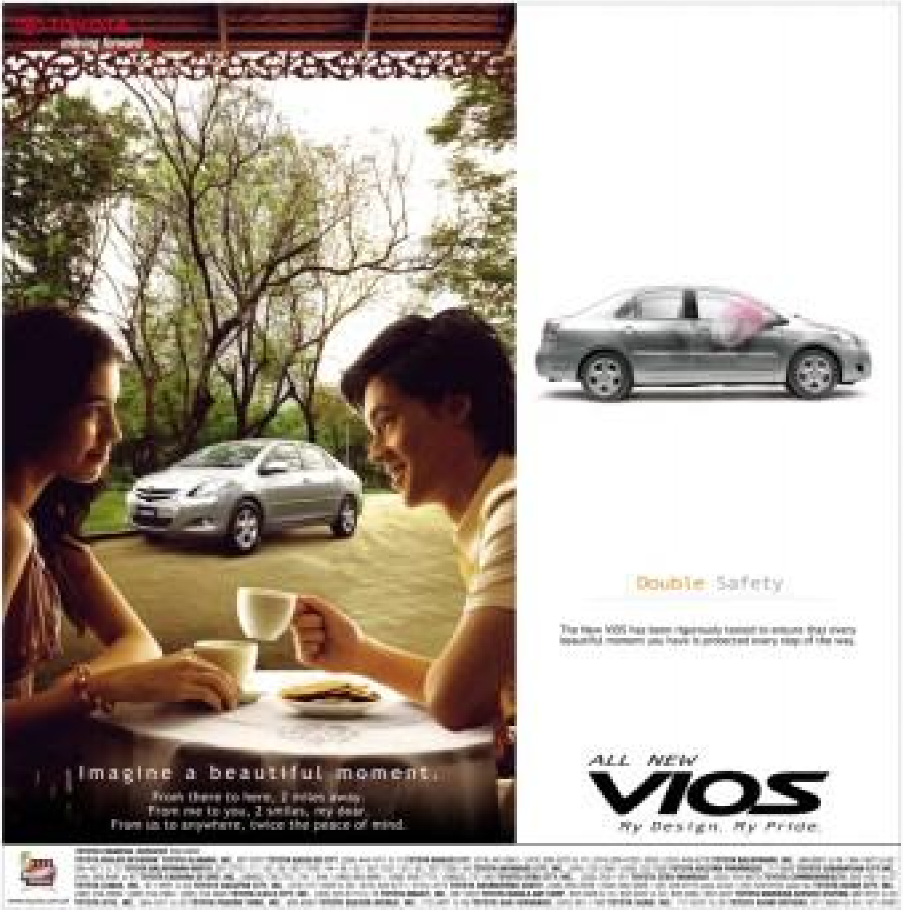
For '07, bank expects higher GDP figure, lower inflation

THE ASIAN DEVELOPMENT BANK HAS SHARPLY upgraded its growth outlook for the Philippines for this year and the next.

ADB/A4



IN THIS ISSUE





Bank lending up 6.9% reflecting robust trade

SMEs urged to tap ₱280-M export fund

In 1st half, GSIS net income hit ₱25B

Gov't fund on track to its full-year goal of posting P50B

Die, mold makers to aid PbUV builders

Bargain new hotel, anyone?

BREAKTIME



ADB raises RP growth outlook

Shares ...



Philippine Stock Exchange

BOP surplus hits $6.75B

Strong inflows of investments, OFW remittances

By Doris C. Dumlao

PAL to exit receivership in October

REAL ESTATE SEMINAR & REVIEW

In preparation for the

Real Estate Broker's Licensure Exam !!

URBAN INSTITUTE OF REAL ESTATE





PSBank

US Dollar

TIME DEPOSIT

	$1,000 to 9,999	$10,000 to 49,999	$50,000 to 99,999	$100,000 and up
1 month	3.50%	3.50%	3.63%	3.75%
2 months	3.50%	3.63%	3.75%	3.88%
3 months	3.63%	3.75%	3.75%	3.88%
6 months	3.75%	3.88%	3.88%	4.00%
12 months	3.88%	4.00%	4.13%	4.25%

Lower power rates for ecozone locators OKd



Napocor, Meralco sign deal bringing rates down from ₱5 to ₱3.52 per kilowatt-hour

Neda signs ₱30.2-M farm program deal

TARGET REMAINS

Corn output seen growing by 15.5% in second half

Feli to raise funds via 5-yr notes issuance

GOINGS-ON

Investment meet in Manila

Sybase annual user conference

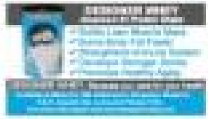
Court drops case against GQI foreign, local execs

PNOC unit to complete jatropha research in Nov.

LIFESTYLE

Editor: Chito Basa-Fernandez

MONDAY ... TUESDAY FITNESS ■ WEDNESDAY 2BU ■ THURSDAY FOOD ■ FRIDAY FASHION & BEAUTY





A SAFE and better life for all Filipinos is the battle cry of Tobiano.

Putting food, water to the test

Pinky Tobiano is also alerting the media about cosmetics, toys and cheap generic medicines



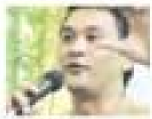
AMBASSADOR Jose E.B. Antonio



MONTHLY monitoring of water is performed by Qualibet at Essensa and other buildings managed by Century Properties.



PINKY Tee



DR. WENCY Kiat

By Chito B. Fernandez

PINKY PE TOBIANO has been battling cancer for three years now but this has not stopped her from starting what seems to be the fight of her life.

For a slip of a woman, and a cancer survivor at that, Tobiano is quite the woman warrior. Thank heavens for that because, otherwise, the public would never have confirmed that the water we have been using in Metro Manila is tainted with bacteria and fecal matter.

As to be expected, the two giant corporations supplying the metropolis with water were ... and vehemently denied that the water was tainted.

What for? Everyone always suspected there were harmful things in our water supply anyway, or why else have sales of bottled purified water been up? By coming out with the results of the water testing by her company, Qualibet Testing Services, Tobiano must be credited for making the public realize that the quality of the water we use in our homes is no laughing matter.

The water that Maynilad and Manila Water are pumping into our households may be clean, even above standard, as they claim. "But that could be true only up to the meter," said Tobiano at a recent luncheon to alert the media against not only water contaminants but also ... contents in food, cosmetics and toy materials.

She cautioned that, from the meter, the water could also be contaminated with germs, lead and other substances that cause gastrointestinal disease, skin infections, learning disabilities and even cancer.

For swimming, too

Suppliers therefore do not have the sole responsibility of safeguarding the water. Tobiano commended the Century Properties Group, one of the most trusted urban master planning and property management firms in the country, for its current project of monitoring water in its properties.

"To ensure the health and safety of residents, Century Properties has hired Qualibet to test the water monthly in all of its buildings ... as well as in Canyon Ranch in Cavite.

"We are testing not only the water from the tap but also the water in the swimming pool," said Tobiano. And while most of the testings by Qualibet are done for hardly a fee, she noted that Century Properties was a paying customer.

"It's a small amount to pay for a service that gives you peace of mind," said Jose E.B. Antonio, chair of the Century Properties Group and also the Philippines' special envoy to the People's Republic of China.

According to Dr. Wency Kiat, a toxicologist from ... who served as a resource person during the forum, it is best to boil water for drinking.

Bad oil

In addition to water, Tobiano also alerted the media about dangerous substances in food, cosmetics, toys and cheap generic medicines now out in the market.

Trans fat in food was a major concern at the forum. It is when hydrogen is added to vegetable oil to increase the shelf life and flavor stability of foods that trans fat is formed. Like saturated fat and cholesterol, trans fat puts you at greater risk for coronary heart disease.

"There should be a warning on foods like there is a warning on cigarette packs," said Kiat. "It should say trans fat is dangerous to your health."

In her crusade against trans fat and for proper labeling of food, Tobiano has found an ally in the widely popular bakeshop Goldilocks.

Marketing director Pinky T. Tee reported that Goldilocks used "medical-grade sanitation procedures in all its production."

A food company that requires an extremely large volume of egg supply every day would do well to conduct tests for salmonella, other bacteria and all forms of infestation. This Goldilocks does.

Each manufacturing plant, she said, was equipped with ultraviolet light-air filters that eliminated 99 percent of all airborne bacteria in all food-handling areas. She added that strict standards also applied to packaging. Goldilocks also uses the latest techniques available for pest control.

But a bakeshop is a bakeshop is a bakeshop, right? Its products are made of sugar, butter, margarine and other ingredients that in recent years have been getting a bum rap as health wreckers.

Healthy bread

Well, not all products. Tobiano announced that Goldilocks was now making and selling HealthSmart sliced bread that was transfat-free, rich in fiber and cholesterol-free, as well as fortified with Vitamin A and Omega 3.

She added that Goldilocks' healthy bread would have on its packaging the Qualibet seal of assurance from Tobiano.

A doctor by education and consumer advocate at heart, Tobiano is tirelessly pushing for good nutrition and safe environment for Filipinos. She has collaborated with the Philippine Coast Guard in testing marine life. She is currently working with Marikina Mayor Marides Fernando in monitoring the water supply in all of the city's public schools.

Quality is better

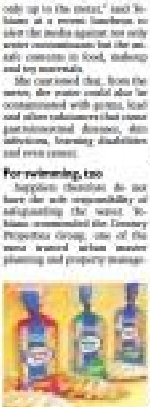
Tobiano established Qualibet, which is short for "Quality is better," in 2000 and staffed it with US-trained chemists, pharmacists, microbiologists and pathologists. The laboratory offers third-party testing of food, water, drugs, cosmetics and even animal feed. It also performs tests such as bacterial analysis, proximate analysis, nutrition facts, and minerals and heavy metals, among others.

Qualibet also conducts seminars and prepares modules for teaching proper food handling and maintaining a clean kitchen for restaurant and food manufacturers.

Tobiano wants to make Qualibet the top testing laboratory in the Philippines. But, in the end, although all the testings may be precise and accurate, she still won't be happy without seeing complementary action from the government and the public. As to mean the water to make it safe, take lead out of cosmetics and toys, label food products accurately, like that.

"Let us do it for the children," said Tobiano, whose big dream is to see her two daughters and all other children live in a world without cancer. "Let them live safer and better lives."

Qualibet may be reached through tels. ... and ...; fax ...; e-mail qualibettesting@yahoo.com





HEALTHY bread from Goldilocks (left, above). At Qualibet, water samples from households are tested for a fee of P500.



The Truth Behind Men and Weight Gain: A Doctor's Point of View

Dr. Ariel Torres answers frequently asked questions about men and weight gain, exercise myths, and the "beer belly."



Q: What makes the abdominal area susceptible to weight gain in men?

A: Fat predilection is dictated at birth by genetics. It just so happens that due to genetic sexual differences the fat predilection of men is at the abdominal area.

Q: What are the dangers or health risks of having a "beer belly?"

A: A "beer belly" is due to accumulation of visceral fat in between the internal organs of the trunk. This is directly related to risks of developing diseases like hypertension and diabetes.

Q: What should men do in order to avoid getting a beer belly?

A: Regular exercise and not overeating is a good way to start. Exercise does not have to be strenuous gym workouts or an exhausting sports activity. Any physical exercise like walking or climbing stairs may suffice, as long as it's done regularly.

Q: Do sit-ups work on a "beer belly?"

A: A person who hasn't been exercising on a regular basis and suddenly does sit-ups would be able to do only a few. This does not burn a significant amount of calories to lose weight. It may tone their big abdominal muscles a little, but due to the burden of carrying the excessive fat that is still present, it won't last long and fatigue would eventually set in.

Q: Why are Marie France treatments ideal for men to lose weight?

A: Most physical exercises are stressful and produce a counter-effect hunger stimulus. Usually men increase their appetite once they start exercising. The problem is when they stop exercising, their appetite remains high. This can be seen in athletes who retire and end up with a dramatic weight gain. At Marie France, calorie burning is enhanced but there is no increase in hunger stimulus because the treatments are relaxing.

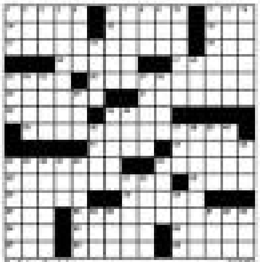
Q: What are some of the advantages of Marie France over other methods?

A: Marie France is not only about state-of-the-art treatments and their effects. It's the entire holistic program that is their secret. Other slimming centers may offer similar treatments but not as a program. In the road setting, other centers have no figure consultants to monitor one's progress, no licensed therapists to do the actual treatments, and no medical doctors to give expert advice not only on nutrition but other aspects of one's daily activities. Other weight-loss methods that can be self-prescribed can be done haphazardly. At Marie France, the choice of treatments are meticulously performed, the applications of treatments are standardized to the highest levels, and the client is pampered with a lot of professional care.

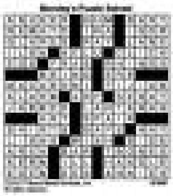
You can lose that bulging beer belly and all your excess weight! Call Marie France FOR MEN today for a free consultation at ...



DAILY CROSSWORD



Monday's Puzzle Solved



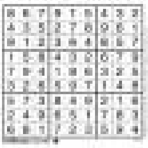
CONCEPTIS SU DOKU

Conceptis Sudoku — by Dave Green

					5		2	
				3	4	5		9
		4	6				7	
		3					9	7
	8			2			6	
9	1					8		
	5				2	1		
2		6	3	7				
	9		5					

Difficulty Level ★★

Answer to previous puzzle



HOW TO PLAY SU DOKU

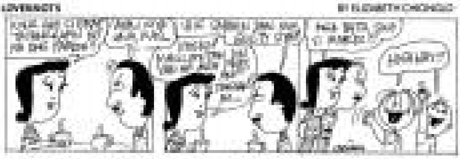
A. LIPIN — BY JESS ABRERA



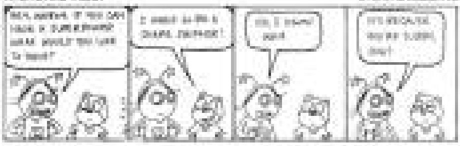
PUGAD BABOY



LOVEBIRDS



AYONG AND WENDY — BY LYN GARCELLANO



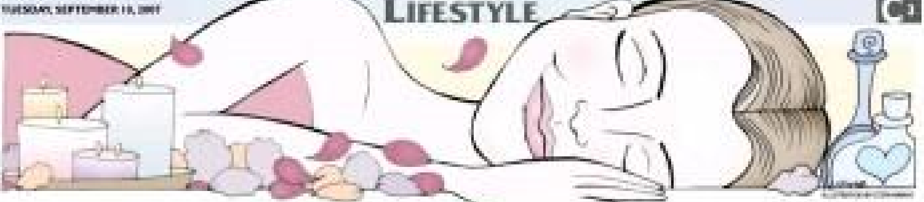
KIKO MACHINE — BY MANIX ABRERA



GARFIELD — BY JIM DAVIS



HOROSCOPE



INSIDE OUT
Cory Quirino

It's spa-rty time!

IT IS TIME TO PARTY AND TO outdo all parties because it will be a celebration that incorporates well-being.

Whether it is a party for one or 100, it will result in relaxation and rejuvenation for the revelers.

Interested? Here is how to hold such a party.

Mind shift

Replace your standard concept of celebrating with alcoholic spirits, heavy-rich buffet, loud/brassy music with a new one. Imagine having herbal repertoire juices, light and healthy food selections, and soft, calming music.

If you can imagine it, then you can have it. If you cannot, then it will not become a reality for you.

But what if you were told that after a spa experience you will feel recharged and revitalized? Would you do it?

More for less

When you lessen the frills in your life, you can feel less burdened. So, lighten your load now by admitting to yourself that you have been overloading your system—body, mind and spirit.

Today is the perfect moment to embrace more into your life—more peace of mind, more quiet time, more sleep, more joy. So, lessen your load to increase your light mood of being.

Getting started

The basic tools and paraphernalia you need to get started include flowers (rose petals, jasmine blooms, sampaguita buds), indoor plants, candles (of all sizes and colors), aromatherapy lamps, essential oils (lavender, rose, peppermint, bergamot, ylang-ylang, etc.), a portable indoor fountain, floor mats, throw pillows/cushions, relaxing music with nature sounds, a cool ventilated room.

Ingredients required for body pampering:

- Sugar (brown or muscovado)
- Rock salt
- Virgin coconut oil or Coconut virgin olive oil (body massage oils and brown young oils by Cory)
- Fruits: avocado, pineapple, coconut water, fresh milk, honey

Face and body scrub:

- Mix three tablespoons of sugar with one teaspoon olive oil. Rub it all over your face (avoid eye area) and body.
- Wash off with clean water
- Splash coco water.
- Splash fresh milk.
- Rub face and body with honey (leave on for five minutes).
- Shower and rinse with warm water.

Silky mask:

For extra bounty, rub mashed avocado on face and body. Leave on for 10 minutes for deep moisturizing.

Citrus bath soak:

A fruit cocktail in a warm tub guarantees the best perk-me-up treat. Throw in (after washing well with soap and water) sliced oranges, calamansi, dayap, plus two tablespoons of virgin olive oil.

Cover your eyes with cotton dipped in ice water. Sink in your tub. Relax for five minutes. Sip a tall, cool glass of juice (from your citrus fruits mixed with one tablespoon of honey).

Keep it light

During mealtimes, serve big, generous bowls of salad with grapes, nuts, strawberries, oranges. Pasta with olive oil and garlic or fresh tomato sauce is good, too.

Home spa massage

Call for home spa service from any of your favorite centers. But if you have time to indulge your "spa-rty" mood, try several places offering unique services such as Blue Water Day Spa (tel. 9372258, 8172231). It offers Tibetan Meridian Therapy for elimination of cellulite in the fatty areas of the body. This is a deep-tissue massage that applies heat energy using hot. But that is well-controlled and safely applied.

Touch & Heal Spa (tel. 893-7694) offers a roller massage using bamboo sticks, and deep tissue manipulation with an Asian touch. The place is in a cozy, lively, lit corner of the Makati business district.

De-stressing tips

The best medicine to drive the blues and worries away are:

- Laughter—Watch humorous movies, be with comical/funny friends.
- Music and song—Sing your heart out or simply listen to inspiring music.
- Exercise—The more you move your body, the more feel-good hormones will lift you up inside and out.

Affirm

Believe that you are well and feel it. "I feel great. I look great."

Love and light!

INNER AWARENESS
Jaime Licauco

Yes, ETs and UFOs are real

WE DO NOT HEAR MUCH ABOUT extraterrestrials (ETs) and unidentified flying objects (UFOs) lately.

But recently, a member of our Inner Mind Development group suggested that we discuss the subject during our next meeting on Sept. 27.

The subject of UFOs has never really been taken seriously by many mainstream scientists, despite the well-publicized opinion of highly respected Cornell University astronomer Carl Sagan.

The scientist said, with the sheer vastness of the universe's innumerable star systems, planets and galaxies, it is possible for intelligent creatures to exist somewhere out there.

Our Milky Way alone has some 250 billion stars. About a million of these might have planets capable of supporting some form of highly technical civilization, according to Sagan.

About 20 or 30 years ago, numerous sightings of so-called UFOs in the United States and other western countries prompted the US to direct the Air Force to study them.

Known as the Condon Report or Project Blue Book, the study concluded 90 percent of these sightings were no more than mere light reflections, weather balloon objects, or the result of some other natural causes. There was no evidence of flying objects from outer space.

Ignored

But what about the 10 percent that could not be explained rationally? They were simply ignored and forgotten.

It became obvious to one of the Air Force's consultants, Dr. Allen Hynek, a Northwestern University astronomer, that Project Blue Book was nothing more than a disinformation job against UFOs.

When I am asked if I believe in UFOs, my answer is a categorical yes. I have actually witnessed several of them, twice in Mt. Banahaw in Dolores, Quezon; others in Pila, Laguna; Batan City in Tagaytay; and, once, outside the window of my own house in Parañaque.

All sightings occurred in late evenings or early mornings. And I have talked to many people who have experienced similar sightings.

"What about ETs? Do you believe there are such creatures?" I am also asked.

My reply is still a categorical yes, not only because so many credible witnesses have reported seeing or encountering them at close range, but I myself have "seen and spoken" with one inside a big rock or boulder somewhere in Lukban, Quezon Province.

Not farfetched

The existence of ETs and UFOs is not really that farfetched and people who believe in them are not crazy if we look at the present absence of evidence in many parts of the world throughout the history of humankind.

In fact the first very clear and unmistakable encounter with a UFO can be found in the Christian Bible, in the first chapter of the Book of Ezekiel in the Old Testament.

"You will find a very detailed description of the priest Ezekiel's encounter with strange-looking humanoid ETs in a strange spacecraft or vehicle that emitted sounds like thunder and moved mechanically in four directions.

He saw four creatures who spoke to him and instructed him to go to the house of Israel to tell the people the outcome of the result that they had given him to eat.

"As for the appearance of their faces," according to Ezekiel, "the four had the face of a human being, the face of a lion on the right side, the face of an ox on the left and the face of an eagle."

Note: For inquiries on books, paranormal services and seminars on Inner Mind Development, ESP and Intuition Development, and Psychic Healing, Karma & Reincarnation conducted by the writer, please call 8107245, 8926686, fax 8159890, or e-mail jlicauco@...@yahoo.com.ph

Training on diabetes

A POST-GRADUATE TRAINING on Diabetes Education will be held Sept. 26-Oct. 27, 8 a.m.-5 p.m., at the College of Nursing, University of the East, Ramon Magsaysay Avenue Boulevard, QC.

Jointly undertaken by the Association of Diabetes Nurse Educators of the Philippines and the Philippine Association of Diabetes Educators, the course is designed for nurses, nutritionist-dietitians and allied health professionals.

Registration fee is P9,000.

The Association of Diabetes Nurse Educators of the Philippines will hold the Diabetes Nursing Education Update for 2007 on Sept. 22, 8 a.m.-12 noon, at Atrium 2, ICC, Philippine Heart Center, East Avenue, QC.

Theme is "Foot and Wound Care." The seminar is open to registered nurses (P250) and nursing students (P150).

Your Doctor Knows Best

Delfin A. Tan, MD, FPOGS

Question:

My friend told me that she had excessive menstrual bleeding and was diagnosed to have uterine fibroids upon consultation with her doctor. I had similar abnormal bleeding episodes, what should I do?

Doctor Says...

Uterine fibroids, also known as myoma, are benign tumors of the muscular wall of the uterus or womb. This is one of the most common tumors in the body. Although the exact incidence is unknown, approximately 20% of the female population may have this condition and most will not present with any symptom at all.

The exact cause of fibroids is unknown, but it seems to be influenced by the female sex hormones, estrogen. Uterine fibroids may vary in size from that of a small pea to as large as a basketball. Fibroids are classified based on their location. These may be located on the outermost surface, within the muscle wall of the uterus or beneath the endometrium projecting into the uterine cavity.

Presenting symptoms may depend on the size and location of the fibroid. Although fibroids are very common, these are usually asymptomatic. When symptoms occur, they include a palpable mass or increase in girth, abnormally heavy menstrual bleeding, which is [illegible] pressure on the [illegible] causing backache, urinary retention or pain. Anemia due to [illegible] weakness and pallor is evident in patients with excessive menstrual bleeding. Fibroid is associated with infertility, which may also be the presenting symptom. Your doctor may perform abdominal palpation or bimanual pelvic examination to look for hard, irregular or lobular masses that is [illegible] with the uterus.

Aside from the above symptoms, uterine fibroids can be diagnosed by the use of ultrasound scan. This is vital to differentiate fibroids from other causes of uterine swelling or other pelvic tumors.

Treatment depends on the age of the patient, her wish for future fertility and the severity of symptoms. If fibroids are small and present without symptoms, careful observation is warranted. If excessive bleeding and pain are present, the patient may be given medical therapy like analgesics and hormonal treatment. If these fail, surgery may be necessary. Myomectomy (removal of fibroids) is considered for patients wishing to conceive in the future or do not want to have their uterus removed for whatever reason. Recurrence of myoma is possible. If hysterectomy (removal of the womb) is performed, there is obviously no chance for the fibroids to recur. This is considered for older patients who do not wish to have a child anymore.

Uterine fibroid is a common condition. For proper guidance, evaluation and management, please consult your doctor.

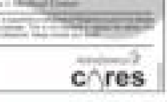
Dr. Tan is an Obstetrician-Gynecologist, [illegible] St. Luke's Medical Center.

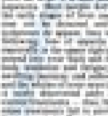
cores

MEDICard, The Healthcare I Deserve!

Take Charge Doc!

What is liver cancer and what are its symptoms?









RICO Blanco and Toyen Lim, group product manager of Human



BRYAN Lim, Chris Tan and Crystal



SHARON, Josh and Harvin Ong



BLANCO is mobbed after the Human fashion show.



SHEBA Tiu, [illegible]

Rico Blanco's T-shirt designs rock & roll

THERE WERE TONS OF MUSIC LOVERS and loads of fashionistas, palanggas, that flocked to the [illegible] Activity Center for the unveiling of Rico Blanco's [illegible] T-shirt designs for Human, natch!

The exciting fashion show was followed by autograph-signing and [illegible] by the [illegible] Rico B., to the delight of many.

"Everyday rock 'n' roll" is the style [illegible] dahlings, a combination of Blanco's [illegible] fashion and Human's [illegible].

[illegible]

The show itself was spectacular, harking back to the glam punk days of [illegible] and David Bowie, no less, palanggas.

Toyen Lim said, "Rico is highly creative. [illegible]"

[illegible]



BRILLIANT Elizabeth T. Sy [illegible] Manila Coast.



MILLET [illegible]



simply super Human. They are available at all Human stores nationwide.

Coastal paradise in Batangas

[illegible]



WITHOUT BATTING AN EYELASH

Maurice Arcache

Photos by [illegible] using Kodak EasyShare

[illegible] Manila Coast.

or call [illegible]. Check out Manila Coast, Batangas' newest must go-to place, palanggas.

Designing elegance

[illegible]



HOSEKI [illegible], Miss Earth Philippines Jean Hern and Cindy Ng



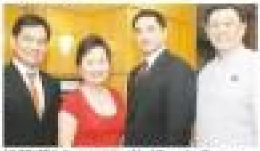
PRINCESS [illegible]



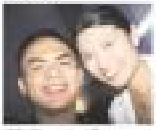
CARLO Aguinaldo and Mica Reis cuddle up.



NYCO Maca provides the music.



HURRIES [illegible]



JOEM [illegible] enjoy the vibes at the Manila Coast launch.



SANTI [illegible] have cocktails by the bay.



LOW-PROFILE [illegible]



HOTSHOT MEN: [illegible]

National conference on autism

THE 10TH NATIONAL CONference on Autism will be held [illegible] with the theme "Hope after Diagnosis [illegible] Life Journey with Autism."

[illegible]

Christian sings new 'tune'



[illegible]

ENTERTAINMENT
Editor: Emmie G. Velarde



Christian Bautista sings about his inspirations



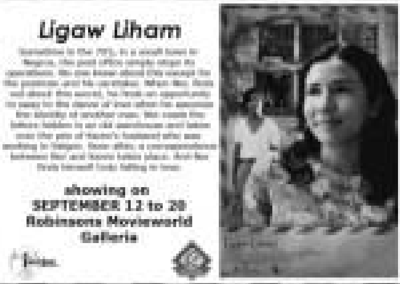
DOLLY WOOD

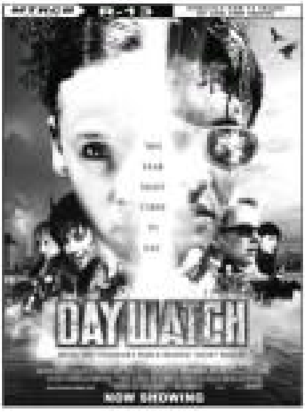
Dolly Anne Carvajal

'Bagets' forever

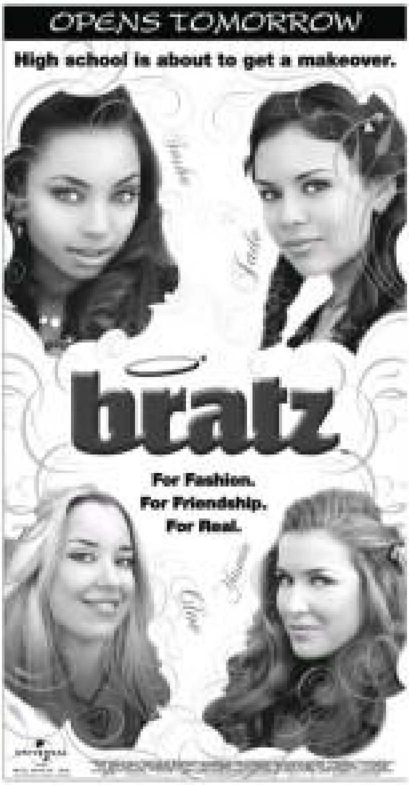
Resto owner

Four comediennes









‘Unknowns’ rule…

Turn to page D4

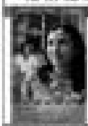
boys who bumblingly try to deal with their lusts and ...

ROBINSONS MOVIEWORLD CINEMAS MOVIE GUIDE

www.robinsonsmovieworld.com

GALLERIA

1 DISTURBIA • THX
2 THE BRAVE ONE
3 indieSine: LIGAW LIHAM
4 I KNOW WHO KILLED ME
5 UNDERDOG
6 EVAN ALMIGHTY
7 FOSTER CHILD
8 DAYWATCH / NANCY DREW
9 1408
10 ROGUE ASSASSIN

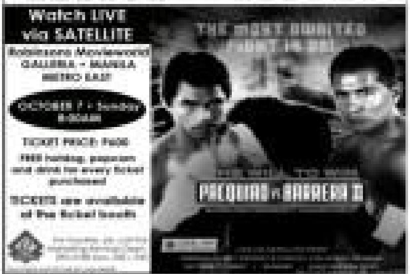


Ligaw Liham

showing on SEPTEMBER 13 to 20
Robinsons Movieworld Galleria

ERMITA

1 ROGUE ASSASSIN
2 FOSTER CHILD
3 UNDERDOG
4 DISTURBIA
5 I KNOW WHO KILLED ME
6 THE BRAVE ONE
7 SKINWALKERS / 1408



METRO EAST

1 DAY WATCH
2 UNDERDOG
3 THE BRAVE ONE
4 1408
5 RUSH HOUR 3
6 DISTURBIA
7 ROGUE ASSASSIN
8 I KNOW WHO KILLED ME

NOVALICHES

1 ROGUE ASSASSIN
2 UNDERDOG
3 THE BRAVE ONE
4 DAYWATCH

PIONEER

1 ROGUE ASSASSIN
2 UNDERDOG
3 THE BRAVE ONE
4 I KNOW WHO KILLED ME

STA. ROSA

1 THE LAST LEGION / SIGNOS
2 UNDERDOG
3 SINKING OF JAPAN
4 THE BRAVE ONE

LIPA

1 UNDERDOG
2 THE INVASION
3 THE LAST LEGION
4 RUSH HOUR 3

DASMARIÑAS

1 ROGUE ASSASSIN
2 UNDERDOG
3 SIGNOS
4 DAYWATCH

IMUS

1 ROGUE ASSASSIN
2 UNDERDOG
3 THE BRAVE ONE
4 DAYWATCH

ANGELES

1 ROGUE ASSASSIN
2 UNDERDOG
3 HAIRSPRAY
4 DISTURBIA

TARLAC

1 SINKING of JAPAN
2 A LOVE STORY
3 EVAN ALMIGHTY

STARMILLS

1 ROGUE ASSASSIN
2 UNDERDOG
3 SIGNOS
4 HAIRSPRAY
5 DISTURBIA
6 RUSH HOUR 3

BACOLOD

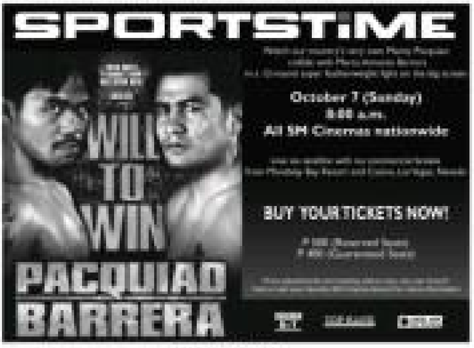
1 UNDERDOG
2 1408
3 THE INVASION
4 SINKING of JAPAN
5 PLANET TERROR
6 SIGNOS

ILOILO

1 UNDERDOG
2 1408
3 THE LAST LEGION
4 THE INVASION
5 MY KUYA'S WEDDING
6 SIGNOS

SM CINEMA movietime SHOWTIME

Your life as a movie



METRO MANILA

IMAX

THE BRAVE ONE
DISTURBIA
I KNOW WHO KILLED ME
1408
EVAN ALMIGHTY
RUSH HOUR 3
ROGUE ASSASSIN
UNDERDOG

THE BRAVE ONE
UNDERDOG

UNDERDOG
RUSH HOUR 3
THE BRAVE ONE
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SKINWALKER
EVAN ALMIGHTY
1408

RUSH HOUR 3
I KNOW WHO KILLED ME
ROGUE ASSASSIN
SKINWALKERS
UNDERDOG
THE BRAVE ONE
EVAN ALMIGHTY
A LOVE STORY
1408
ROGUE ASSASSIN
INVASION
DISTURBIA

I KNOW WHO KILLED ME
EVAN ALMIGHTY
THE LAST LEGION
1408
MY KUYA'S WEDDING
THE BRAVE ONE
ROGUE ASSASSIN
A LOVE STORY
SKINWALKERS
UNDERDOG
SKINWALKERS

ROGUE ASSASSIN
THE BRAVE ONE
UNDERDOG
I KNOW WHO KILLED ME
1408
SKINWALKERS
DISTURBIA
EVAN ALMIGHTY
A LOVE STORY
RUSH HOUR 3

ROGUE ASSASSIN
I KNOW WHO KILLED ME
1408
THE BRAVE ONE
UNDERDOG

ROGUE ASSASSIN
UNDERDOG
I KNOW WHO KILLED ME
THE BRAVE ONE
SKINWALKERS
MY KUYA'S WEDDING
1408
A LOVE STORY

THE BRAVE ONE
NANCY DREW
UNDERDOG
ROGUE ASSASSIN

THE BRAVE ONE
I KNOW WHO KILLED ME
1408
UNDERDOG
ROGUE ASSASSIN
FOSTER CHILD
DISTURBIA
A LOVE STORY
RUSH HOUR 3
SKINWALKERS

ROGUE ASSASSIN
DAYWATCH
THE LAST LEGION
UNDERDOG

ROGUE ASSASSIN
THE BRAVE ONE
UNDERDOG

DAYWATCH
THE BRAVE ONE
ROGUE ASSASSIN
UNDERDOG

1408
SKINWALKERS
ROGUE ASSASSIN
THE BRAVE ONE
UNDERDOG
I KNOW WHO KILLED ME
MY KUYA'S WEDDING
A LOVE STORY

LUZON

INVASION
UNDERDOG
HAIRSPRAY
MY KUYA'S WEDDING

UNDERDOG
ROGUE ASSASSIN
RUSH HOUR 3
A LOVE STORY
MY KUYA'S WEDDING

A LOVE STORY
INVASION
UNDERDOG
THE LAST LEGION

UNDERDOG
A LOVE STORY
INVASION
RUSH HOUR 3

ROGUE ASSASSIN
INVASION
UNDERDOG
RUSH HOUR 3

UNDERDOG
ROGUE ASSASSIN
I KNOW WHO KILLED ME
THE BRAVE ONE

MY KUYA'S WEDDING
THE BRAVE ONE
UNDERDOG
1408

ROGUE ASSASSIN
UNDERDOG
1408
RUSH HOUR 3
MY KUYA'S WEDDING
A LOVE STORY

1408
MY KUYA'S WEDDING
UNDERDOG
DISTURBIA

VISAYAS MINDANAO

ROGUE ASSASSIN
UNDERDOG
A LOVE STORY
INVASION

UNDERDOG
1408
INVASION
EVAN ALMIGHTY

HAIRSPRAY
INVASION
RUSH HOUR 3
UNDERDOG
1408
EVAN ALMIGHTY
INVASION
THE LAST LEGION

DISTURBIA
EVAN ALMIGHTY
ROGUE ASSASSIN
UNDERDOG
FOSTER CHILD
A LOVE STORY

UNDERDOG
INVASION
SINKING OF JAPAN
1408

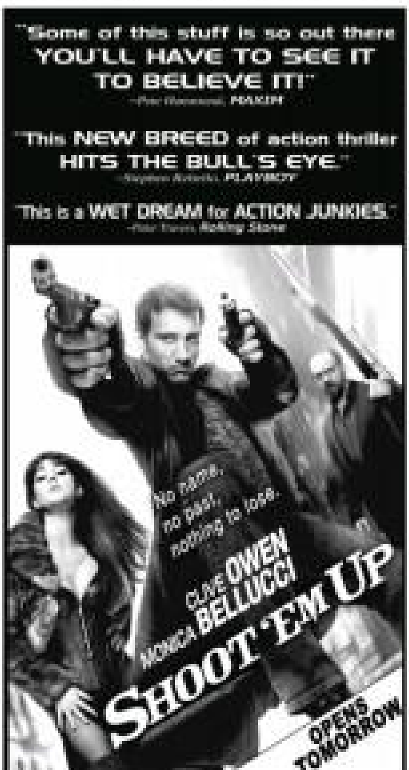
SCHEDULES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE



JET LI JASON STATHAM
NO LAW.
NO RULES.
NO LIMITS.
NO RETREAT.
NO SURRENDER.
NOW SHOWING
ROGUE ASSASSIN



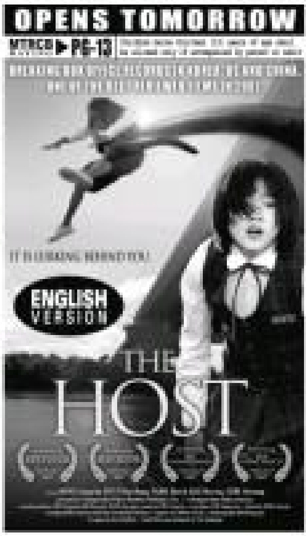
Araneta Center
ONLY CINEPLEX IN THE COUNTRY
EXPERIENCE THE DIFFERENCE
THE BRAVE ONE
ROGUE ASSASSIN
1408
UNDERDOG
NANCY DREW
DISTURBIA
A LOVE STORY
THE BRAVE ONE
MALL CINEMAS
ROGUE ASSASSIN
I KNOW WHO KILLED ME
THE BRAVE ONE
ARANETA COLISEUM
NCAA FINALS
FALL OUT BOY



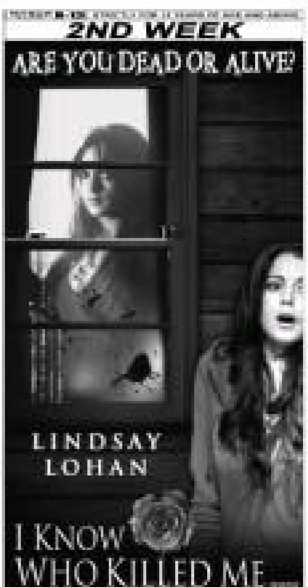
"Some of this stuff is so out there YOU'LL HAVE TO SEE IT TO BELIEVE IT!"
MAXIM
"This NEW BREED of action thriller HITS THE BULL'S EYE."
PLAYBOY
"This is a WET DREAM for ACTION JUNKIES."
Rolling Stone
No name, no past, nothing to lose.
CLIVE OWEN
MONICA BELLUCCI
SHOOT 'EM UP
OPENS TOMORROW



GREENHILLS CINEMAS
THEATRE MALL
1
2
PROMENADE
NOW SHOWING
3
4
5



OPENS TOMORROW
PG-13
ENGLISH VERSION
THE HOST



2ND WEEK
ARE YOU DEAD OR ALIVE?
LINDSAY LOHAN
I KNOW WHO KILLED ME



MMTA
METRO MANILA THEATERS ASSOCIATION
MOVIE GUIDE
NOW SHOWING





POWER PLANT CINEMA

DISTURBIA
I KNOW WHO KILLED ME
UNDERDOG
ROGUE ASSASSIN
NANCY DREW
THE BRAVE ONE

SHANG CINEPLEX

UNDERDOG
ROGUE ASSASSIN
THE BRAVE ONE
DISTURBIA
NANCY DREW

Catch the Cineplex Special

'Unknowns' rule box office

VIEWFINDER



Nestor U. Torre

UNKNOWNS D5

AT THE CINEMAS

GLORIETTA 1	1 I KNOW WHO KILLED ME	2 ROGUE ASSASSIN	3 THE BRAVE ONE	4 UNDERDOG
GLORIETTA 4	1 UNDERDOG	2 I KNOW WHO KILLED ME	3 THE BRAVE ONE	
	4 NANCY DREW	5 DISTURBIA	6 ROGUE ASSASSIN	7 1408
GREENBELT 1	1 ROGUE ASSASSIN	2 THE BRAVE ONE		
GREENBELT 3	1 ROGUE ASSASSIN	2 THE BRAVE ONE		
	3 DISTURBIA	4 I KNOW WHO KILLED ME	5 UNDERDOG	
ALABANG TOWN CENTER	1 THE BRAVE ONE	2 ROGUE ASSASSIN		
	3 UNDERDOG	4 I KNOW WHO KILLED ME	5 DISTURBIA	
AYALA CENTER CEBU	1 DISTURBIA	2 UNDERDOG	3 [illegible]	4 1408
MARKET! MARKET!	1 ROGUE ASSASSIN	2 1408		
	3 I KNOW WHO KILLED ME	4 THE BRAVE ONE	5 UNDERDOG	
TRINOMA	1 EVAN ALMIGHTY	2 DISTURBIA	3 UNDERDOG	4 I KNOW WHO KILLED ME
	5 1408	6 ROGUE ASSASSIN	7 THE BRAVE ONE	

AT THE MALLS

Glorietta	[illegible]
Greenbelt	[illegible]
Alabang Town Center	[illegible]
Ayala Center Cebu	[illegible]
Market! Market!	[illegible]
Cinemagic	[illegible]
Ayala Museum	[illegible]
TriNoma	[illegible]



